



Dear OC Employees,

You may have seen a media release recently from my office highlighting something that's very important to me and to our reputation as a Countymaking good on our debts.

The release explained that approval of waste disposal agreements with our cities will provide the revenue we need to assure the final debtors from the 1994 bankruptcy are paid. You may ask why we're so focused on this last group, which is owed just \$33.3 million on top of the \$1.56 billion that we've already spent to honor the bankruptcy debts. Here's why: Reimbursing this small group – even though we're not legally obligated to do so - means the County can officially put that chapter in our history behind us.

Knowing that we honor our obligations is a core value of the County of Orange and a passion of mine. We've sacrificed, put needs on hold and had to say "not yet" to worthy projects for a long time. The end is in sight and that's something all of us can be (Continued on page 2)

Tiffany Nguyen: Deputy Commissioner of Marriages

While County employees wear multiple hats in their positions, Tiffany Nguyen at the Orange County-Clerk Recorder changes into different attire on a daily basis to conduct her job as office specialist, deputy commissioner of marriages and passport acceptance agent. Tiffany wears a magistrate style robe to perform wedding ceremonies in her deputized role at the Clerk-Recorder. Not only does Tiffany oversee a couple's nuptials but also signs the wedding certificates after conducting ceremonies.

Tiffany's public service at the Clerk-Recorder spans 26 years. After earning her associate's degree at Irvine Valley College, Tiffany passed the Clerk-Recorder's human resources performance test, and started in the mailroom. Over time, she became knowledgeable about the Clerk-Recorder operations because she held



marriages and passport acceptance agent.

many positions during her tenure. Today, she operates the marriage services and passport unit.

Tiffany's journey started when she arrived in California from Saigon, Vietnam. While in the former French colony at an early age, Tiffany learned to speak French in a Catholic high school, adding a third language to her acumen---the others being Vietnamese and English. This skill comes in handy as ceremonies can be conducted in multiple languages. Tiffany recalls a couple visiting Orange County from France for a tennis tournament. They didn't speak very much English and were looking to marry in California. Since Tiffany spoke French, she was able to perform a meaningful ceremony for the couple.

Tiffany also serves as a wealth of information by training new agents in marriage and passport procedures, as well as supporting them in high volume times, which appears to be just about every day. She says, "I like to be a team player. It is overwhelming to understand every procedure and policy, and that is why I

(Continued from page 1) proud of.

Something else to be proud of is helping the less fortunate throughout Orange County. Currently we're in the middle of the 2015-16 United Way campaign, which stretches through June. The United Way supports the needs of many of our local residents through help to achieve an education, find sustainable jobs, seek better health and locate places to call home.

It doesn't take much for annual contributions to add up: \$5 a week enables 25 high school students to participate in science, technology, engineering and math programs; \$10 per week makes sure 13 young children are on the road to reading by third grade; \$15 a week helps a family with children find a place to call home; \$20 a week helps four people gain skills they need to get a job.

I encourage employees to join me and make a pledge through payroll deductions today by clicking <u>HERE</u>.

As another reminder, donation bins are located within County buildings for the 2016 Essentials for Young Lives campaign, collecting baby items to be distributed among 17 shelters throughout the county. The drive is sponsored by HomeAid Orange County in partnership with the Children and Families Commission of Orange County.

Thank you for all that you do every day—and for the volume of extra ways that you show how much the County family cares for all of our families in Orange County.

Sincerely,

Frank Kim County Executive Officer

(Continued from page 1)

like to help the staff with my knowledge and experience which makes everyone happy and efficient." The busiest day of the year for the Clerk-Recorder's



Tiffany has dreamed of working within the Old OC Courthouse since she was first hired. She is fluent in English, Vietnamese, and French.

marriage operations is Valentine's Day or a double/triple digit day, month and year, such as 12-12-12.

In Tiffany's early days at Clerk-Recorder, she always wanted to work in the Old County Courthouse. Her wish came true as her office today is in the Courthouse, and shares the same floor as the beautiful turn of the century interiors of sparkling chandeliers, a grand staircase featuring Corinthian columns. Tennessee marble stair treads and oak handrails. Hollywood movies are filmed there, and Leonardo DiCaprio in the movie J.Edgar once graced the halls.

Each day when Tiffany reports to her vintage style office, she feels a sense

of duty to make everyone happy---after all people are getting married! Even on Halloween, supposedly the scariest day of the year, people wed in costumes and are met with joy by Tiffany and her staff. Whether it is Valentine's Day or Halloween, Tiffany recommends couples complete the marriage license form before arriving at the Courthouse, and set up an appointment with her staff to minimize paperwork and wait time.

Beyond marriage licenses, since 2004, the Clerk-Recorder expedites and processes passports applications. Tiffany explained one advantage to obtaining a passport at the Clerk-Recorder is that the U.S. Post Office requires applicants make an appointment and office hours are limited. The Clerk-Recorder welcomes walk-ins and is open one Saturday a month. The processing time to receive a passport from the time an applicant files is approximately 4-6 weeks.

Tiffany attributes the increased public interest in passport services to Clerk-Recorder Hugh Nguyen's successful public outreach efforts. He goes to community events to publicize Saturday hours, recording services, passport services, and harnesses the Internet and social media for reaching out to the public.

When Tiffany isn't busy performing wedding ceremonies and processing passports at work, she spends her time with her son and granddaughter.

PLEASE SEND PROFILE SUBJECTS FOR COUNTY CONNECTION!

Do you know someone who would make a good employee profile? We're looking for staff-level employees who love their job and carry the flag with enthusiasm both for their agency and the County as a whole. Send submissions to <u>anahid.burkhart@ocgov.com</u>





Q In your role as Election Services Recruitment Lead, overseeing the County Poll Worker Program, tell us more about how ROV motivates poll workers to help volunteer/work during the busy presidential primary and general election season.

ROV encourages people to volunteer as poll workers on Election Day by highlighting the importance of having staff to assist voters throughout Orange County polling places, especially during the upcoming Presidential Primary and General Elections. In Orange County, we have over 1,000 polling places and need over 6,000 volunteers to staff them and assist voters on Election Day. County employees are a great resource since they are allowed to receive their regular day's pay (with supervisor approval) and as an additional incentive also receive a paid stipend based on the volunteer position they select. Volunteering as a poll worker is a great way to engage with the community, be part of the democratic process, learn new skills, and meet new people. Many employees also encourage their family and friends to volunteer too!

Q Does your role require you to be knowledgeable about elections and campaign laws? If so, how did you become knowledgeable in it?



Registrar of Voters Espie Martinez

Espie Martinez: Recruiting Election Volunteers for the Registrar of Voters

A wy role requires me to be knowledgeable about general California Elections Codes and sections pertain to poll worker eligibility requirements. Each year, Orange County Registrar of Voters, Neal Kelley, provides an update for all our staff with information about the new election law changes. In addition, our staff receives ongoing training about new laws and the impact with our office. We even have an Elections Code library section on our website to easily search for California Elections Codes and pending legislature.

Q Have you seen an increase of registered voters from last year given the many televised debates and various candidates for president?

(A) Yes, we have noticed a large increase in people registering to vote and updating their voter registration information (address, name, political party).

Q Are there more poll workers in the program this year than last year?

Yes, most definitely! I think poll workers want to be involved and engaged in the democratic process, and especially be part of the upcoming historic elections. The media has been covering the upcoming 2016 elections for over a year and people are more informed and interested. When compared to the 2014 midterm elections, there was not much media coverage or voter and volunteer interest. This year, there are lots of people interested in volunteering that have never volunteered before and I think it's because they want to be involved in something historic and be involved in the election process in some way.

Q The Board of Supervisors recently approved an increase in the daily stipend paid to Election Day volunteers. What kind of county poll worker interest have you received from this incentive program?

We have received a large increase in County Poll Worker interest, especially after CEO Frank Kim sent the email to all county employees and highlighted the stipend increase. Within one day after the email was sent to all county employees, over 250 employees applied online! We are receiving lots of positive interest, especially from county employees who have never volunteered before and

(Continued from page 3)

are interested in being part of something historic. Before working at ROV, I was a county poll worker during the historic 2008 General Election and will always remember my experience assisting voters on Election Day and observing the excitement of first time voters coming into the polling place. I would encourage all county employees to volunteer as a poll worker on Election Day, even if it's just one time.

Q When is the last day county employees can sign up?

Although, we do not have an exact deadline for county employees to sign up, they need to sign up with enough time to get supervisor approval for them to volunteer and for our staff to assign them to a polling place and required training class. The sooner county employees sign up, the more available polling places and training options there will be. We have many polling places that are already completely staffed.

Q Can County employees still get information about Election Day volunteer opportunities, job descriptions, compensation, as well as sign up on Registrar of Voters' website at ocvote.com/volunteer? County employees can access detailed information about the different Election Day volunteer opportunities, job descriptions, and stipend amounts at our website ocvote. com/volunteer. County employees can sign up to volunteer at ocvote.com/volunteer/volunteer-to-serve, and make sure to select 'County of Orange' to the second option.

QWhat would you like County employees to know about ROV?

(A) I think ROV is a unique county agency as we operate with less than 50 permanent employees, and during election season we hire over 200 extra-help employees to accomplish our important mission. If not for our extra-help employees and 6,000+ volunteers from the community and county employees, we could not run successful elections for Orange County voters.

CAPIO Awards - Your County Connection Newsletter is a Winner!

The County Connection newsletter was bestowed the "Award of Excellence," the highest honor by the California Association of Public Information Officers (CAPIO.) The annual awards competition judges outstanding public agency communication programs, including internal communication such as newsletters. Projects receiving CAPIO awards are a representation of communications excellence, creativity and inspiration for others in the profession.

Better yet, former Manager of Corporate Communications Ruth Wardwell, now strategic communications manager at OC Waste & Recycling, was at the awards dinner to receive the well-deserved honor.

Please feel free to submit content, story ideas and photos to the publishers of the County Connection in the CEO Communications Office. Send your story ideas to <u>Anahid.Burkhart@ocgov.com</u>.





The Old Courthouse, Part 1: The Golden Age By Chris Jepsen



with jail in background, 1900.

No building is more emblematic of Orange County than the 1901 red sandstone Old Courthouse at 211 W. Santa Ana Blvd., in Santa Ana. Long the heart of county government, it is a State Historical Landmark and is listed on the National Register of Historic Places.

In 1899, the Board of Supervisors called for proposals for the design of Orange County's first permanent Courthouse. They stipulated that all materials used in the building "must be of the best quality, and all workmanship" and construction "must be in the best and most skillful manner known to the art or trade."

The Courthouse would house not just courtrooms and judges' chambers, but also the offices for every function of county government. Until it was constructed, the county would continue to rent office space in downtown Santa Ana commercial buildings.

The county hired architect C. L. Strange of Los Angeles after the Board's first selection elicited charges of bribery. Strange disappeared, possibly to Mexico, partway through construction.

Local contractor Chris McNeill began work on the building in 1900. The plans showed two full stories and a basement, all topped with a large metal cupola or tower. The brick walls would be supported by a heavy steel frame, and the exterior clad in red Arizona sandstone. The foundation and the exterior of the first floor were made of granite from Temecula. The Richardson Romanesque architectural style was already outdated and more Midwestern than Californian, but it gave the building an undeniable gravitas. Perhaps coincidentally, it also echoed the look of the Los Angeles County Courthouse.

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When the new Courthouse opened for business on Sept. 28, 1901, the first criminal case sent two luckless burglars to San Quentin.

The first marriage at the Courthouse was between Sallie Grider, 66, and Edward Jackson, 65. Afterward, they climbed the stairs to the courthouse tower. They looked out over Santa Ana from a lofty 135 feet and launched a tradition for courthouse newlyweds for several decades.

An official dedication celebration for the Courthouse was held Nov. 12, 1901. It ran all day and well into the night. There were speeches, musical performances, tours, and a free lunch sponsored by the Santa Ana Chamber of Commerce. The local papers issued special editions, and county officials sponsored a banquet dinner at the nearby Rossmore Hotel.

Over the decades, many significant legal decisions were handed down in the Courthouse, including the "Whipstock" slant oil drilling case of 1933, interpretation of farm labor laws in the 1940s, and the sensational Overell murder trial of 1947, which resulted in law regulating explosives. Meanwhile, in the Supervisors' chambers, decisions and ordinances both guided and responded to a growing, changing county.

The 1933 "Long Beach Earthquake" damaged the Courthouse's exterior – damage which can still be seen today. Pieces of stone fell off here and there, and the stonework around the attic windows crumbled completely. The tower wasn't harmed, but quake repairs provided an excuse to remove what had been the hardest part of the building to maintain.

Orange County began outgrowing its Courthouse as early as 1914. First, a few departments moved into rented space elsewhere. Then, in 1924, the Hall of Records and

(Continued from page 5)

a new jail with Sheriff's offices were built. In 1930 the county purchased a failing tourist hotel, Saint Ann's Inn, (between today's Hall of Administration and Hall of Records) to use as the "Courthouse Annex." But it wasn't enough. By the 1950s, departments and agencies found and rented space wherever they could. "Temporary" tilt-ups, which didn't come down until the 1980s, were built behind the Courthouse, and vacant churches were repurposed as courtrooms. This process continued until adequate facilities were constructed under the Santa Ana Civic Center plan of the 1950s.

The plan's crowning achievement was a new courthouse, which opened on Civic Center Drive at Flower Street in 1969.

As the Civic Center grew, more offices moved out of the Old Courthouse into modern facilities. By the 1980s, the old place was in rough shape and was about to face a series of existential threats. Next month's column will look at these brushes with disaster and how the community came together to save this venerable symbol of Orange County.



The Courthouse, newly completed, in 1901.

About the Author

Chris Jepsen is the Assistant Archivist at the Orange County Archives, a function under the office of Clerk-Recorder Hugh Nguyen. Reach him at Chris.Jepsen@rec.ocgov.com or (714) 834-4771 if you have questions about the Archives.

Fitness With Frank - Mile Square Park Hike



The next Fitness with Frank event will be held at Mile Square Park on Saturday, May 14th. We will be stepping out on the park's 5K course and will cover 3.1 miles by the time we are done. An exciting twist to this event is an opportunity to try archery! Following the run/ walk, participants ages 12 and up will have an opportunity to try their hand at archery. A big thank you goes out to OC Parks Staff for hosting the walk and making this bonus event available!

To attend the run/walk, please email rsvp@ocparks.com with "Mile Square" in the subject line. If you and/or your family members (remember, ages 12 and up only) wish to try archery, be sure to include that in your RSVP!

Please visit the Fitness with Frank webpage for full details of this and other CEO fitness opportunities. If you have any questions, please contact Kari Schumaker at 714-834-2051 or <u>kari.schumaker@ocgov.com</u>.

United Way Campaign

The 2016 United Way Campaign is on-going! Many thanks to all employees who already give. For those who are interested in making a new contribution, there are multiple ways to give, including bi-weekly payroll deductions. Click the button to make your pledge.





There's More Than Trash at Orange County's Prima Deshecha Landfill

Do you know what Orange County's landfills hold other than trash? Native habitats! The Prima Deshecha Landfill is now home to 90 acres of restored habitat, thanks to a mitigation measure that was recently completed in advance of developing a new zone for waste disposal. This recent addition brings the total acreage of permanent habitat restoration at Prima to 200 acres. That's almost the size of Laguna Niguel Regional Park.

The conservation area is known as the Segunda Deshecha Cañada. Non-native and invasive weeds have been removed and replaced with native coastal sage scrub, grassland and live oak trees. The area will be irrigated until the new habitat is established.

OC Waste & Recycling offers landfill tours to interested groups. Contact Tia Jorgensen to arrange for a tour: <u>tia.jorgensen@ocwr.ocgov.com</u>. If you tour the Prima Deshecha Landfill, be sure and ask to see the mitigation area.



Senior Engineer David Tieu and Environmental Engineer Specialist Aimee Halligan survey for nesting birds. Prima's mitigation habitat is home to a wide variety of bird species, including the federally threatened coastal California gnatcatcher.

Waste Not OC Named Model Public Health Practice by National Association of County and City Health Officials

In March, Waste Not OC (WNOC), a coalition working to combat food insecurity in Orange County, was selected as a model practice by the National Association of County and City Health Officials (NACCHO) after demonstrating exemplary and replicable qualities in response to a local public health need. NACCHO reviewers noted in their vigorous peer-evaluation of Waste Not OC's application that "...food insecurity is in an under-the-radar health issue in many communities in the United States. Distributing prepared food that would otherwise go to waste can be a complex undertaking."

In Orange County, one in five people faces food insecurity on any given day. To address this growing social problem, the County of Orange Health Care Agency's Public Health Officer, Dr. Eric Handler, led the creation of a coalition of food banks,



Feed the Need

health care representatives, restaurants, food distributors and community leaders called Waste Not OC. The organization is a public-private partnership with the goal of eliminating hunger and reducing food waste by facilitating surplus food donations from food-producing facilities to local pantries. Since its inception in 2012, Waste Not OC has recovered 236 tons of extra food from local businesses and transformed it into approximately 391,745 meals for residents in need. WNOC is working with counties across the country to replicate its success and continue down its path to end hunger. For more information about Waste Not OC, please <u>click here</u>.

Around the County continued

John Wayne Airport Receives Water Conservation Award

Mesa Consolidated Water District awarded John Wayne Airport a Water Conservation Award at its April 21, 2016 Board Meeting. This award recognizes JWA's water conservation efforts resulting in up to 40% savings for the months June 2015 through February 2016. John Wayne Airport is one of three recipients in the government category to achieve 40% reduction in water usage.

The Airport is serviced by 42 Mesa Consolidated Water District meters providing water to the Riley Terminal, landscape irrigation, general aviation structures, administrative offices, and the JWA's clean-energy Central Utility Plant. The Airport's water usage reductions have been accomplished through an aggressive water conservation program that encompasses a number of measures:

- · Installing ultra-low flow urinals and faucets in restrooms
- · Reducing or discontinuing irrigation for landscaped areas
- Replacing grass with artificial turf, gravel, drought tolerant plants, shrubs or decorative rock
- · Requiring "dry wash" methods for cleaning General Aviation aircraft
- · Implementing valet car wash methods that use approximately one cup of water per vehicle
- · Using shallow groundwater for irrigation of the Airport-owned portion of Newport Beach Golf Course
- Reducing water usage at the Central Utility Plant through reduction of use in off-peak hours.

JWA is honored to be recognized by our community partners and is committed to continuing water conservation practices. To learn more about John Wayne Airport's Environmental Policy and Practices click here.

Do you have historical photographs relating to Orange County?

If so, you can upload them yourself to OC Stories at OC Public Libraries. Start contributing right now!

OC Public Libraries believes that history begins with your history! We're looking for photographs that depict the people, businesses, institutions, and events of historical significance to Orange County.

To learn more please visit http://web.ocpl.org/ocstories/

 Pre-flight check, Orange County Air Patrol,

-flight check, Orange County Air Patr January 17, 1929



Mesa Consolidated Water District Board Members, Vice Chair Steel and John Wayne Airport Director Barry Rondinella

Around the County continued

County of Orange Employees Embrace National Walking Day

More than 450 County employees gathered to celebrate American Heart Association's National Walking Day declared as "Wellness Walk Wednesday" on April 6 by Employee Wellness Coach Susan Kolon. Employees laced up their sneakers to walk at least one mile outside of their offices in teams. So motivated by this year's event, a team of 11 employees completed the walk prior to their work shifts at the James Musick Facility.

Agency participating teams came from 11 County agencies and one California state agency: Auditor-Controller, Community Resources, County Executive Office, District Attorney's Office, Health Care Agency, John Wayne Airport, Probation, Public Libraries, Public Works, Sherriff-Coroner, Social Services Agency and California Superior Court.



The Probation Department was the largest team with 16 walkers participating.



A group of employees enjoying a stroll around the neighborhood to celebrate National Walking Day.

Kolon inspired employees by offering an opportunity to enter into a drawing to win a Fitbit, an activity tracker. The winner of the Fitbit was Robert Papa from the Social Services Agency.

Susan and her team plan to make National Walking Day an annual event. If you missed this year's event, get motivated and host your own "Wellness Walk Wednesday" with colleagues.

RECURRING RESOLUTIONS - MAY

Every year, the Board of Supervisors approves a list of recurring resolutions. These resolutions commemorate or celebrate causes and/or organizational efforts on a monthly basis. Click on any of the recurring resolutions to the right to learn more about them.

National ALS Awareness Month

Asian Heritage Month

Foster Care Month

Memorial Day

National Mental Health Month

Mother's Day

Nurse Recognition Week

Peace Officers Memorial Day

National Public Works Week

Real Estate Providing Viable Options for Veterans

CEO Real Estate Land Development team is focused on identifying and advancing opportunities to establish both long-term and interim revenue streams from vacant and underutilized County and Flood Control District owned real estate. Following on the Board of Supervisors' policy to retain



ownership of County real estate assets, the team aims to establish Public/Private Partnerships (P3) that often involve negotiating ground lease transactions that result in dependable revenue streams to the General Fund, ultimately benefitting the Orange County taxpayer. After establishment of a P3, the team works closely with the development partner and often other public agencies to secure the requisite land use approvals and entitlements prior to the construction of the project.

One of Land Development's most recent and exciting projects is a partnership with Mercy Housing for the construction of Placentia Veteran's Village on a 2.3-acre of unimproved land owned by the Orange County Flood Control District in the City of Placentia. On April 26, 2016, the Board of Supervisors approved an Option Agreement with Mercy Housing to allow for the development of Placentia Veteran's Village which is comprised of 49 residential units and services for homeless and/or disabled United States Veterans. The Option Agreement will allow Mercy Housing to obtain project financing and entitlements through the City of Placentia, while providing the County with a revenue source.

Mercy Housing is a nonprofit organization that strives to provide affordable housing and supportive programs for families, seniors, and people with special needs who lack the economic resources to access quality and safe housing. Many of their developments include onsite resources such as job training, placement and VA benefit assistance along with health and wellness.

There has been a pressing need to provide Veterans with affordable housing and services, and this village will be an open opportunity for the people who served our country. In 2014, Mercy built a similar development in El Monte, which has delivered successful results. Supervisor Shawn Nelson, who represents the Fourth District including Placentia, said the Placentia Veterans Village will serve an immediate need. "We have an obligation to help those who honorably served our country and need a boost to get back on their feet," Supervisor Nelson said.

Per an article by Jordan Graham of The Orange County Register, Placentia Mayor Pro Tem Craig Green said, "the Veterans Village project was 'near and dear to my heart,' as I continue to see the number of homeless veterans increasing across our county."

The Placentia Veteran's Village could open as early as 2018.

Workplace Safety - "Facts and Myths" About Ergonomics

Myth or Fact? Reports of discomfort/pain from poor ergonomics are relatively new to society.

Myth: Reports of discomfort and pain from poor ergonomics have been around since the medieval ages. There are documented cases where medieval monks and musicians reported hand discomfort and pain after playing instruments and transcribing documents 300 years ago.



Myth or Fact? Cumulative Trauma Disorder (CTDs) can caused by repetition motions such as long or concentrated hours of typing or using a mouse, working in static or awkward posture, for long hours and sitting in the same position while working.

Fact: Any work performed with high force, in awkward postures, or with many repetitions without proper relief can lead to discomfort and pain.

Myth or Fact? Having a well-designed ergonomic workstation will eliminate my risk for an ergonomic injury.

Myth: Although a well-designed ergonomic workstation may help with reducing the likelihood of ergonomic injury if used as designed, the real key to eliminating such injuries is to avoid staying in static and/or awkward positions, or performing repetitive motions without proper relief. Stretching before starting work, and taking ergonomic micro breaks can effectively reduce discomfort and pain.

Come learn more by visiting us during County's Health and Wellness Fair on May 4, 10am-1pm, in Building 10. We will provide guidance on ergonomic workstations and exercises to reduce ergonomic stresses.

For questions, or information regarding resources or training to help serve your safety needs, please contact the CEO Safety Loss and Prevention Program at 714-285-5500 or by e-mailing us at <u>Safety@ocgov.com</u>.

On behalf of the County Safety Office, thank you for your continued support in taking an active role for a HAPPIER and SAFER Workplace!

SAFETY SPOTLIGHT

Personal Safety Starts with Situational Awareness

Situational awareness is the practice of observing one's surroundings and potential threats, in an effort to prevent potentially harmful incidents from occurring. <u>Click here</u> to learn about situational awareness. Also – as always, if you See Something, Say Something.

• **Sheriff's Kiosk**: (714) 834-2250 – To report an incident in-progress or just occurred within the Walk of Honor area of the Civic Center.

• **SAPD Dispatch**: (714) 834-4211 – To report an incident in-progress or just occurred outside of the Walk of Honor area of the Civic Center.

• **Civic Center Awareness Hotline**: (714) 834-2051 – To report general Civic Center Awareness concerns. 911 – When in doubt, for life-threatening emergencies, call 911!

HUMAN RESOURCE SERVICES News You Can Use

The Journey to 10,000 Steps a Day

The "Just Walk 10,000 Steps-a-Day" Challenge sponsored by Cigna Healthcare and Cornerstone Fitness concluded on March 27, 2016. The 8-week fun and easy walking program challenged participants to increase their fitness level. A complimentary pedometer was provided to employees to track daily steps, then record them on the personalized website, and receive coaching tips and fun facts along the way.

4,357 County employees registered for the program with 2,023 employees meeting the challenge of walking an average of at least 7,000 steps a day. Employees that met the challenge will receive a \$50 reward card compliments of Cigna Healthcare.

As a whole, County employees walked 618,762 miles which is 1,314,500,387 total steps. The top "stepper" walked 4,264,018 steps which is equivalent to 2,019 miles!

An anonymous survey at the end of the challenge shows the percentage of employees that were active everyday increased by 35%!

When asked if they were in better condition than when they started participants said:

- Yes. I was active before, but with this program I feel like I am motivated. Since I joined the program, I force myself to walk more and be active more, and I am excited when I check the pedometer to see how many steps I achieved per day.

- Yes, baby steps to getting even healthier. Much more aware of how inactive I use to be. Look forward to my walks 3-4x during the work day on breaks and after I get home.

- I was in good physical condition but I spent too much time on the computer at work and exercised later. This program took me off the computer periodically and this improved my physical comfort.

Some positive comments from participants:

- It made me realize walking can be enjoyable

- It was a great plan for making me aware of how much I can move during the day. Getting up from a desk more often, adding another walk with my dog, or parking at the far end of the parking lot.

Congratulations to all participants who stepped up to meet the challenge!

Coach's Corner

Nothing feels as good as being healthy and full of energy.

What kind of eater are you? Are there supermarket shopping strategies for healthful eating? How should I portion up my plate once and for all – and for my lifestyle?

Find out the how-to's and get the scoop on easy steps to more healthful eating at this month's Coach's Corner. See County Wellness Coach Susan Kolon to get the skinny, read a food label and play another True/False Quiz. Bonus: Enter to win a Hydracoach water bottle. Because, well, water is a major food group, too.

When: **Wednesday, May 11th, 2016**. Stop by anytime between 12:00 p.m. and 1:00 p.m. Where: Hall of Administration 333 W. Santa Ana Blvd, Santa Ana, 1st floor Lobby



Events



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Service Awards

for the month of April

35 Years

Jose Marquez OC Community Resources Mark Paszkiewicz Registrar of Voters

30 Years

Minerva Mollazadeh County Executive Office

Roland Chacon Sheriff-Coroner Thomas Dominguez

Health Care Agency

Sheila Jones

Milan Kovacevich Sheriff-Coroner Sheriff-Coroner

Craig Nelson Sheriff-Coroner Kelly Rehnberg Health Care Agency

John Frey Sheriff-Coroner

Yolanda Santiago Sheriff-Coroner **Donald Beezley** Probation

Robert Hack Sheriff-Coroner

25 Years

Rachel Gibson Airport Operation

Kelley Ponce

Dennis Tebo

OC Public Works

Sheriff-Coroner

Mihail Danciulescu

Health Care Agency

Mel Panuncialman Auditor-Controller

Stephanie Ramirez Child Support Services

Patricia Martinez Clerk of the Board

Maqdalena Santillan

Health Care Agency

Raymond Serafin

Recycling Enterprise

OC Waste &

Eric Gregory Sheriff-Coroner Lora Vandegrift District Attorney

Noely Govea

Child Support Services

Rina Tjiptahadi Health Care Agency

Dawn McNeil Probation

David Mountain Sheriff-Coroner Jill Howery Child Support Services

Diane Pinto Health Care Agency

Kimberly Proffitt OC Community Resources

Denise Nichols Probation

Carmelina Cisneros Social Services Agency



(Continued from page 14)

25 Years Continued

Sandra De La Luz Social Services Agency **Diane Gonzalez**

Aurora Grajeda-Romero Social Services Agency Social Services Agency

Joanne Munro Social Services Agency

Adriana Newman Social Services Agency Quynh Nguyen

Jeannie Teng Social Services Agency Social Services Agency

20 Years

Arnold Robel Assessor

Terry Cleaveland District Attorney

Joseph Deis Health Care Agency

Erin Winger Health Care Agency

Jennifer Pulliam Probation

Linda Gilbert Sheriff-Coroner

Sunita Ahuja Auditor-Controller

Angela Martinez **District Attorney**

Guadalupe Fowler Health Care Agency

Glenn Blanton Probation

Jeffrey Ronald Probation

Anees Hakim Sheriff-Coroner Linda Torres-Rodriguez Auditor-Controller

Svlvia Neal District Attorney

Gilberto Garcia-Torres Health Care Agency

Yuet Cheuk Probation

Warren O'Neill Public Defender

Michael Silva Sheriff-Coroner Alan Chun Child Support Services

Gerrie Williams District Attorney

Joseph Sanchez-Nunez Health Care Agency

Tawnya Medina Probation

Dewayne Fowlkes Sheriff-Coroner

Monisha Yoshinaga Social Services Agency

To view the April list in its entirety, which also includes recipients of 5, 10 and 15-year Service Awards, please click here.

Service Awards are announced in each edition of County Connection in the month immediately following work anniversaries, not in the month of the anniversary. If you believe there has been an error or omission in reporting your years of service, please email Navminder.Kaur@ocgov.com.

PARTING SHOT!

Welcome to Parting Shot, a feature designed to close County Connection with must-see visuals from Orange County, captured through the lenses of County employees. Click on the photos to enlarge.



- Audrey Marshall, Health Care Agency information processing specialist, stated "This is a picture I took early one morning on my way to work of the Federal Courts Building. It was a particularly beautiful morning and there was a pink cast to everything. I also love the mix of old and new architecture in downtown Santa Ana."
- Mark Schneider, Auditor/Controller accounting office supervisor, captured this view of the Monarch Beach golf course in Dana Point on his day off. The view and placement of the golf carts against the green of the course and the blue of the water makes for a beautiful shot.
- 3. Denise Gallon, Social Services Agency office manager, photographed this view of a beautiful California sunset. "This picture was taken while staring down at the San Clemente Pier at sunset. I couldn't resist how the sun spread through the sky and reflected in the ocean."
- 4. **Renee Catanzariti**, Human Resource Services assistant director, photographed a beautiful peacock roaming through Irvine Regional Park.

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(Parting Shot continued)



- Victor Castillo, Orange County Processing Center technician call agent, was at Opening Day for the Los Angeles Angels and snapped a photo of the pregame ceremony on the field, complete with larger than life American Flag.
- Cindy Cox, Health Care Agency compliance auditor, captured these clouds outside of her office on a clear day.

Have you taken a photograph of something cool and beautiful in Orange County? Would you like to submit it to Parting Shot for consideration? If so, send it via email to <u>travis.lariviere@ocgov.com</u>. Please provide your job title and department and the details of the photo (location, what's happening, etc.) Please know that not all submissions will be used; decisions are at the discretion of the CEO Communications staff.

